

# Health & Nutrition Essay Contest Judging Form

## 7th Annual Health & Nutrition Essay Contest

WRITE AN ESSAY AND WIN U.S. SAVINGS BONDS:



**1st Place**  
**\$300**



**2nd Place**  
**\$200**



**3rd Place**  
**\$100**

ENTRY DEADLINE: Entries must be postmarked by March 15, 2004



Write a 2-page essay on any nutrition or nutrition-related health topic. You can choose your own nutrition-related health topic or select one of the suggested topics below:

### HEALTHY EATING

- Benefits of fruits and vegetables
- Calcium and strong bones
- Nutrition and cancer prevention
- Fast food - Best bets for eating out
- Nutritional needs of athletes
- How hunger affects learning
- Nutrition and obesity prevention
- Benefits of breastfeeding
- Teenage pregnancies

### NUTRITION CLAIMS

- What can you learn from a food label?
- Health Food Stores - Health or Profit?
- Sports Supplements - Do they help you win?
- How to distinguish between true and false advertising
- Facts and myths of weight loss
- Vitamin Supplements- Help or Harm?

### COMMUNITY RESOURCES

- WIC, Head Start, School Lunch - How Government Helps
- Where can you get reliable nutrition information?
- Who's hungry in Orange County?

### REQUIREMENTS:

- ✓ You must attend high school in Orange County.
- ✓ Submit no more than 2 pages, plus a bibliography on a separate page. The essay should be typed, double-spaced, 12-point font, on white 8½ x 11 inch size paper.
- ✓ Submit the essay with the entry form below.
- ✓ Do not include binders, cover sheets, or title pages.

### JUDGING CRITERIA:

- Accuracy of nutrition information
- Content
- Correct spelling and grammar

*See page 2 for judging form and additional notes.*

### ALL WINNERS WILL RECEIVE:

- Savings bonds and gifts
- Certificates of Achievement
- Public recognition at school or in the media. (Winning essays will be displayed at the County Hall of Administration.)

### ALL PARTICIPANTS WILL RECEIVE

A Certificate of Participation

### IF YOU HAVE QUESTIONS CONTACT:

Isabel Simard, MS, RD, CLE  
County of Orange Health Care Agency  
Tel: (714) 834-7874 Fax: (714) 834-8028  
E-mail: isimard@ochca.com

### CONTEST SPONSORED BY:

- |   |   |   |
|---|---|---|
| ♦ County of Orange Health Care Agency<br>Nutrition Services | ♦ O.C. Department of Education          | ♦ U.S. Food & Drug Administration - LA Office |
| ♦ O.C. Nutrition Alert Coalition                            | ♦ Project LEAN - Orange Region          | ♦ The Federal Trade Commission                |
| ♦ California Dietetic Association, Orange District          | ♦ National Council Against Health Fraud | ♦ O.C. Breastfeeding Coalition                |
|   | ♦ O.C. Children and Weight Task Force   |   |

*Please print*

### HEALTH AND NUTRITION ESSAY CONTEST ENTRY FORM

STUDENT NAME (Legal Name): \_\_\_\_\_ GRADE LEVEL (circle): 9 10 11 12

HIGH SCHOOL: \_\_\_\_\_ HIGH SCHOOL TELEPHONE# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

HIGH SCHOOL ADDRESS: \_\_\_\_\_

SPONSORING ADULT/TEACHER: \_\_\_\_\_ IF TEACHER, SUBJECT AREA: \_\_\_\_\_

*I hereby submit the attached essay as my own original work and authorize its publication as determined by the County of Orange Health Care Agency. The County of Orange reserves the right to edit for publication.*

Student Signature \_\_\_\_\_ Sponsoring Adult/Teacher Signature \_\_\_\_\_

- ♦ All winners will be contacted through the high school they attend.
- ♦ All winners will need to provide their social security numbers to obtain savings bonds.
- ♦ All entries will become the property of the County of Orange Health Care Agency.  
No entries will be returned.

### Send essay and entry form to:

County of Orange Health Care Agency  
Nutrition Services Program  
Attn: Essay Contest  
PO Box 6099, Santa Ana, CA 92706

*This form may be copied.*

**MARCH IS NATIONAL NUTRITION MONTH**

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## Guidelines for Bibliography

The following books and periodicals are sources for reliable nutrition information. This is only a partial list; other good sources exist. If you have questions about the accuracy or reliability of nutrition or nutrition-related health information from a reference, contact the County of Orange Health Care Agency, Nutrition Services Program at (714) 834-7874.

### Books

1. Duyff, Roberta Larson. The American Dietetic Association's Complete Food and Nutrition Guide. Minnetonka: Chronimed, 1996.
2. Barrett, Stephen; Jarvis, William, and Kroger, Manfred; and London, William. Consumer Health: A Guide to Intelligent Decisions. 6th ed. Madison: Brown & Benchmark, 1997.
3. Coleman, Ellen and Steen, Suzanne N. The Ultimate Sports Nutrition Handbook. Palo Alto: Bull Publishing Company, 1996.
4. Tyler, Varro. The Honest Herbal. New York: Pharmaceutical Products Press, 1999.

### Periodicals

1. Consumer Reports on Health. Boulder: Consumers Union.
2. Environmental Nutrition. New York: Environmental Nutrition, Inc.
3. University of California at Berkeley Wellness Letter. New York: Health Letter Associates
4. FDA Consumer. Rockville: Food & Drug Administration.

### Websites

American Dietetic Association [www.eatright.org](http://www.eatright.org)  
 National Council Against Health Fraud [www.ncahf.org](http://www.ncahf.org)  
 Quackwatch [www.quackwatch.com](http://www.quackwatch.com)  
 Health Finder [www.healthfinder.gov](http://www.healthfinder.gov)

Healthy Weight Network [www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)  
 American Cancer Society [www.cancer.org](http://www.cancer.org)  
 FDA Kids Homepage [www.fda.gov/oc/opacom/kids](http://www.fda.gov/oc/opacom/kids)

Examples of doing a bibliography from the *MLA Handbook for Writers of Research Papers*.

### Book:

Barrett, Stephen and Jarvis, William, eds. The Health Robbers: A Close Look at Quackery in America. Buffalo: Prometheus Books, 1993.

### Periodical:

Liebman, B. "Folic Acid: For the Young at Heart." Nutrition Action Health Letter Sept. 1995: 4-6.

### Electronic Information (Internet):

Ashley, J. and Jarvis, W. (1994) *Position of the American Dietetic Association: Food and Nutrition Misinformation*. [www.eatright.org/amisinfo.html](http://www.eatright.org/amisinfo.html) (12 Dec. 1997).

For citing electronic information refer to:  
[www.wilpaterson.edu/wpcpages/library/citing.htm](http://www.wilpaterson.edu/wpcpages/library/citing.htm)

**All entries not written on a nutrition or nutrition-related health topic are automatically disqualified.**

Judging Criteria	Maximum points possible	Points earned	Comments
<b>A. Accuracy of Information (55 points)</b> References must come from authoritative sources, for example, government sources, encyclopedias, scientific or medical journals, or any references which have been published within the last 10 years. <i>All references used must be included in a bibliography.</i>			
☞ Nutrition-related health topic used .....	10		
☞ Information is accurate .....	20		
☞ Essay includes a mandatory bibliography .....	10		
☞ References from authoritative sources and published within the past 10 years .....	15		
<b>B. Content (30 points)</b> ☞ Essay includes an introduction, body, and conclusion .....	10		
☞ Writing style is easy to read and follow .....	10		
☞ Essay is interesting (personal antidotes are permitted if used with factual information) .....	10		
<b>C. Grammar (15 points)</b> ☞ Words are spelled and used correctly .....	5		
☞ Sentences and paragraphs are constructed correctly .....	5		
☞ Sentences use correct verb tense .....	5		

Entry # \_\_\_\_\_

Total Points 100 /  
(maximum)

(score) \_\_\_\_\_

Reviewed by \_\_\_\_\_

Date \_\_\_\_\_